

## **5440-31 Health Education**

*The holder is authorized to teach health education in grades PK-6, 7-12, or PK-12, as specified on the endorsement.*

In order to qualify for this endorsement, the candidate shall demonstrate the following:

### Knowledge Standards:

**Demonstrates knowledge of health and health education concepts and skills delineated in current national professional standards<sup>1</sup>, in *Health Education Guidelines for Curriculum and Assessment*<sup>2</sup>, and in *Vermont's Framework of Standards and Learning Opportunities*.**

Human development, including the typical progression of early childhood through adult growth and development within each domain and age appropriate indicators of intellectual, physical, social and emotional health for each stage of development

Anatomy and physiology

Historical, philosophical, and theoretical frameworks associated with health education, including learning theory as it applies to health behavior

Knowledge of the specific content areas of health education as defined in 16 VSA 131 and the Centers for Disease Control priority risk behaviors:

- Personal health concepts, including social, mental, emotional, and physical health maintenance
- Nutrition and Physical Activity
- Disease, Violence, and Injury Prevention
- Alcohol, tobacco, and other drugs
- Family health and comprehensive sexuality education
- Community and consumer health, which includes media literacy, advocacy, and accessing valid health information, products, and services

Purposes, elements, and requirements of the CSHP (Coordinated School Health Program) model

*Vermont's Framework of Standards and Learning Opportunities*, including especially the Vital Results for personal development

Essential health skills, including decision-making, interpersonal communication, goal setting and self-management, integrated across health content areas

### *Assessment*

Appropriate use and interpretation of a variety of formal and informal assessment techniques and strategies in health education to improve student learning, classroom instruction, and program effectiveness

## **5440-31 Health Education (Cont'd)**

### Performance Standards:

**Implements a comprehensive, standards-based health education curriculum that enables students to acquire the knowledge, skills, and attitudes that promote lifelong wellness and healthy choice making. Specifically, the educator:**

#### *Planning and Instruction*

Develops and/or adopts health curriculum and assessments that are age appropriate, standards-based, and derived from research on learning and human behavior

Delivers content through participatory, skills-based learning activities that promote development of essential health skills

Creates a classroom climate that promotes respect for self and others, including psychological and emotional safety, as well as respect for privacy and confidentiality

Evaluates and applies research concerning best practices in health education

#### *Assessment*

Selects, designs, and uses a variety of standards-based assessment techniques to assess student understanding and performance, provide feedback, communicate student progress, and improve instruction

#### *Collaboration*

Collaborates with colleagues, families, and community within a Coordinated School Health Program to improve academic achievement and quality of life through health literacy and positive health behaviors

### Additional Requirements:

A minimum of a practicum, or the equivalent, in health education at the elementary (PK-6) or middle/secondary (7-12) instructional level, depending on the authorization sought. For the full PK-12 authorization, a minimum of a practicum, or the equivalent, in health education at **both** the PK-6 and 7-12 instructional levels is required.

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<sup>1</sup> *National Health Education Standards: Achieving Health Literacy* (1998, American Cancer Society, Inc.)

<sup>2</sup> **Vermont Health Education Guidelines for Curriculum and Assessment** (2002, Vermont Department of Education)